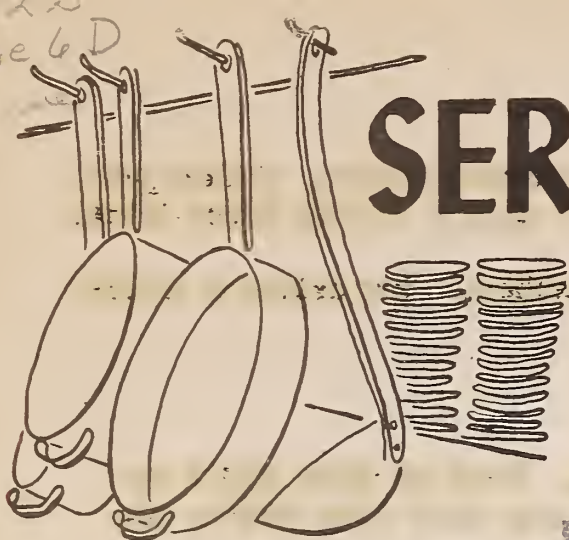


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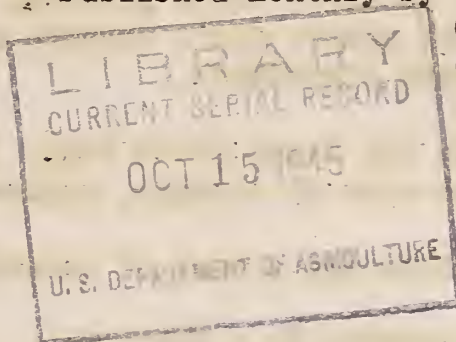
SERVING MANY



Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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PEACHES ARE RIPE

You bet they are. Most markets are well-stocked and more peaches are on the way. They're the hot weather tip for July...lots and lots of them.

Farmers in the early producing states are breaking all previous production records this year, harvesting more peaches than ever before. Close to 26 million bushels are moving to market now. And they're good quality, too.

It's going to take lots and lots of people eating lots and lots of peaches to keep any of the crop from going to waste. Peaches won't keep long once they're harvested and in markets. That's why the United States Department of Agriculture is asking everybody to "pitch in" and help use up this perishable crop.

While they're plentiful, serve peaches often. Include them in daily menus. They can be served in a variety of ways.

HOW TO BUY

Select peaches which are firm and ripe. The pink blush on many varieties tells little about quality. Background color shows ripeness. For immediate use, choose peaches with yellow or yellow-white ground, not green.

HOW TO STORE

Keep ripe peaches cool until ready for use. Spread them out to avoid bruising. Peaches that are a little on the green side should ripen at room temperature.

HOW TO USE

To keep sliced peaches from turning dark or unattractive, either peel just before using or sprinkle the cut fruit with a little lemon juice.

Go easy on the sugar when you're serving peaches. Try using a little honey or sirup.

PEACH HINTS

Here are a few ways to serve fresh peaches. Most of them don't require any sugar. The others won't require any more than you've already used in the main ingredient.

- (1) Include them in the fresh fruit bowl. Peaches can be eaten out of the hand the same as oranges, apples and other favorite fruits.
- (2) Let sliced peaches top a bowl of cereal, hot or cold.
- (3) Combine fresh peaches in a fruit cup.
- (4) Use fresh peaches in refreshing salads...halved peaches nesting in crisp lettuce, for example, with cottage cheese or creamed cheese, or chopped fruit in the hollow of a peach half.
- (5) Hollow out a half cantaloupe and fill with fresh peaches, combined with other fresh fruits.
- (6) Include fresh peaches on a fruit salad plate which may need only bread or sandwiches and a beverage to round out a wholesome meal.
- (7) Serve sliced peaches on baked custard.

TIME SAVER FOR PEELING PEACHES

For easy peeling, place peaches in a colander or wire basket and dip into boiling water a minute or two then quickly into cold. Skins will slip easily.

Slice peeled freestone peaches through the flesh of the fruit to the seed, holding the peach together until cuts have been made all the way around. Then in a twisting motion, slip the peach slices free from the stone.

THE OLD STAND-BYS

Peach season wouldn't be complete without one or more of the old favorites...peach shortcake, pie or cobbler.

Here are three dishes you'll probably like to serve while peaches are plentiful:

PEACH SHORTCAKE

<u>Ingredients</u>	<u>Amounts for 50 Shortcakes</u>
Sifted flour.....	4-3/4 qts.
Baking powder.....	8 tablespoons
Salt.....	2-1/2 tablespoons
Shortening.....	3-1/2 cups
Milk.....	1-3/4 qts.

Sift flour once then measure dry ingredients and sift together. Cut in shortening, add milk gradually and mix to soft dough. The amount of milk to use will vary according to flour used. Turn out lightly on floured board. Roll 1/4 inch thick. Cut with regular biscuit size cutter, about 3-1/2 inches diameter.

Place half of the biscuits on an ungreased baking sheet, brush lightly with melted fat, then top with remaining biscuits. Bake in hot oven (425° F.) about 15 minutes. Split hot shortcake apart and place fresh, sliced peaches between and on top.

Allow 1/2 to 2/3 cup of fresh, prepared peaches for each serving.

FRESH PEACH-KRISP

<u>Ingredients</u>	<u>Amounts for 50 Servings</u>
Fresh sliced peaches.....	5 qts.
Brown sugar.....	1-1/4 pounds
Flour.....	2-1/2 cups
Lemon juice.....	2 tablespoons
Nutmeg.....	1 teaspoon
Salt.....	1 teaspoon
Hot water.....	3/4 qt.
Fortified margarine.....	3/4 cup

Work sugar, flour, nutmeg, salt and margarine together until consistency of fine crumbs. Place peaches in shallow baking dish. Add hot water and lemon juice and sprinkle with above mixture.

Bake in moderate oven (325° F.) until the crumbs are brown.

FRESH PEACH COBBLER

<u>Ingredients</u>	<u>Amounts for 50 Servings</u>
Peaches, sweetened with corn sirup*.....	5 qts.
Lemon juice.....	1 teaspoon
Shortening.....	1-1/4 cups
Flour.....	8 cups
Baking powder.....	5 tablespoons
Salt.....	1-1/2 tablespoons
Milk (Amount will vary according to flour used).....	2-1/4 cups

* Percentage of sugar that may be replaced by cane or corn sirup is 50 percent.

Sift flour then measure and sift dry ingredients together. Cut in shortening, Add milk gradually and mix to soft dough. Pour peaches into a large baking pan, add lemon juice, and roll pastry and cover peaches.

Prick holes in pastry to allow steam to escape. Bake in hot oven (425° F.) for 30 minutes. Cut in squares for serving.

SALADS FOR INDUSTRIAL WORKERS

There's nothing like a good salad to pick up jaded mid-summer appetites. With so many popular vegetables and fruits in well-stocked markets, Industrial Feeding Managers will find July a swell time to feature salads on the menu.

Cold plates and protein-rich salads should be available on the a la carte menu as alternate to hot entrees. They may be used occasionally as the main dish on the special lunch.

Fresh fruit and vegetable salads may be used frequently as accompaniments to the main course of the special lunch in place of a cooked vegetable. A fresh fruit salad may be used now and then instead of a dessert. This will vary the menu and save scarce sugar.

USING FRUITS AND VEGETABLES IN ABUNDANT SUPPLY

Peaches are the most abundant crop but following closely behind are tomatoes, carrots and cabbage.

Tomatoes are probably the most universally popular of the salad vegetables. Sliced tomatoes with lettuce, endive or watercress...diced

tomatoes with cabbage, celery or leafy green vegetables... tomato wedges with sliced cucumbers or sliced cauliflower... and whole tomatoes stuffed with chicken, fish or egg salad or cottage cheese are only a few of the many tomato salads.

Carrots rank high among the versatile salad vegetables. The flavor blends with that of many other vegetables and fruits. They're colorful and may be prepared quickly by mechanical means.

Shredded carrots may be combined with other materials in salads. For instance... cabbage and green peppers... carrots and raisins... carrots and diced apples... carrots and diced pineapple... are good combinations.

Carrot sticks add crispness and vitamin value to cold plates and vegetable salads.

Cabbage lends itself to use alone or in many combinations. Cole slaw is one of the most popular salads when it's crisp, well-seasoned and served cold.

Well-liked combinations include shredded cabbage and carrots... cabbage and chopped green peppers... cabbage and diced tomatoes... cabbage and diced red apples... and cabbage and diced pineapple. Shredded cabbage also may be used in place of diced celery in meat and fish salads.

Keep shredded cabbage chilled and add the salad dressing just before serving. This will prevent it from wilting.

CARING FOR SALAD MATERIALS

Deterioration in the flavor and condition of fresh fruits and vegetables begins almost as soon as they're picked. Refrigeration has been used to delay spoilage of fresh produce during transportation and distribution.

Recently another protection has been provided by food distributors. It's the application of a wax coating to certain fruits. Waxing limits the amount of air that comes in contact with the fruit, the rate of moisture evaporation and has been shown to be effective in preserving the Vitamin C content. Waxing is at present used most widely on oranges.

At the industrial feeding establishment the care of salad materials should begin as soon as the food is received. After it has been checked for quality and condition, it should go into the refrigerator immediately.

The temperature for the refrigeration of salad vegetables should be about 40° F. Fruits which need further ripening should be held outside of the refrigerator at room temperature and checked often until they reach prime ripeness.

PREPARING SALAD MATERIALS

Lettuce cups from head lettuce: Cut out center core. Run cold water at a fairly good force into the open center and gently separate the leaves.

Celery curls: Scrub with vegetable brush and remove discolorations. Cut crossways into 4-inch lengths. Then make two or three lengthwise cuts at one end. Place in iced water in the refrigerator until the ends curl, then drain off the water.

Carrots: Cut in small enough pieces to be eaten easily. Strips cut lengthwise of the carrot keep crisp when chilled.

Cauliflower: Cut or break into flowerlets or slice across the flowerlets.

Cucumbers: Slice peeled or unpeeled. Dice or cut in long wedges. Cucumbers and other vegetables should not be soaked in salt water or in vinegar.

Turnips and rutabagas: Dice or cut in long strips or slices.

Celery cabbage: Cut in 3/4-inch slices across the stalk.

Endive and watercress: Wash and trim carefully to remove discolored leaves and foreign material.

Cabbage: Shred in a mechanical chopper or slicer or by hand. Cut rather than crush the vegetable into shreds just fine enough to be eaten with ease.

Melons: (1) Separate the edible part from the rind and dice into 3/4-inch cubes, or (2) Cut the melon in half, remove seeds and cut the flesh into balls, using a French ball cutter.

Cut fruit: To avoid the browning of the fruit tissue during the preparation, pour a solution of citrus fruit juice or pineapple juice over the fruit. Another method of preventing discoloration of fresh fruits is to use a solution of ascorbic acid. The proportion is 1/3-ounce to 1 gallon of water.

RULES FOR THE SALAD SECTION

Industrial Feeding Managers might like to post the following list of rules in the salad section. They're a handy reference.

RULES FOR PREPARING SALADS

1. Use sound fresh fruits and vegetables for salad making. Choose fruits at their prime ripeness for fine flavor and color.
2. Begin preparation as near serving time as possible.
3. Have good tools, such as a clean vegetable brush, sharp knives and special cutting boards and keep them in good condition for salad preparation.
4. Wash salad materials with special care since the foods are eaten raw.
5. Place vegetables that need freshening in very cold or iced water only until crisp. Do not place sliced or diced vegetables in water. Drain vegetables well before using them.
6. Chop or cut salad materials into pieces of uniform size and take care in cutting and chopping vegetables not to crush them.
7. Handle prepared salad materials gently. Toss mixed salads together lightly.
8. Arrange the salads neatly on chilled plates, using an assembly line method for speed.
9. Add salad dressings to salads just before serving them since dressings tend to wilt the vegetables.
10. Keep salad materials and finished salads refrigerated at all times except during actual handling.

SPECIAL LUNCH MENUS FOR JULY

<p>1</p> <p>Pork sausage Creamed new potatoes Creole cabbage Enriched bread with butter or fortified margarine Fresh raspberry roll Beverage</p>	<p>2</p> <p>Fried fish with tartar sauce Parsleyed potatoes Baked whole tomatoes Enriched bread with butter or fortified margarine Orange sherbet Beverage</p>
<p>3</p> <p>Cream of tomato soup Stuffed egg salad Cole slaw Whole-wheat rolls with butter or fortified margarine Cherry pie Milk</p>	<p>4</p> <p>Baked macaroni and cheese Buttered broccoli Sliced tomato salad Whole-wheat bread with butter or fortified margarine Frosted cup cake Milk</p>
<p>5</p> <p>Pot roast of beef Browned new potatoes Carrot and celery salad Enriched bread with butter or fortified margarine Fruit cup Milk</p>	<p>6</p> <p>Lamb stew with vegetables Spiced beet salad Whole-wheat bread with butter or fortified margarine Fresh peach and oatmeal cookies Beverage</p>
<p>7</p> <p>Ham salad Sliced cucumbers Potato chips Enriched rolls with butter or fortified margarine Fresh peach cobbler Milk</p>	<p>8</p> <p>Broiled lamb patties Creamed new potatoes New beets and greens Whole-wheat bread with butter or fortified margarine Fresh peach krisp Beverage</p>
<p>9</p> <p>Baked fish fillets with lemon sauce Mashed potatoes Tomato, cucumber and green onion salad Enriched bread with butter or fortified margarine Fruit gelatin Beverage</p>	<p>10</p> <p>Salad Plate: Tomatoes stuffed with cottage cheese Marinated vegetable salad (peas, carrots, lima beans) Potato chips Enriched rolls with butter or fortified margarine Milk</p>

<p>11</p> <p>Cold pressed loaf Baked potatoes Buttered green peas Enriched bread with butter or fortified margarine Baked custard with maple sirup Milk</p>	<p>12</p> <p>Cold Plate: American cheese and spiced ham slices Potato salad Carrot sticks Enriched rolls with butter or fortified margarine Fresh peach shortcake Beverage</p>
<p>13</p> <p>Scrambled eggs New potatoes in jackets Fresh buttered spinach Whole-wheat bread with butter or fortified margarine Cottage pudding with fresh fruit sauce Milk</p>	<p>14</p> <p>Chicken shortcake Parsleyed new potatoes Fruit salad Whole-wheat bread with butter or fortified margarine Chocolate ice cream Beverage</p>

ALLOTMENT CHANGES

The July-August allotments of all rationed foods to institutional users will be affected by Amendment 105 of General Ration Order 5, and Amendment 5 to Supplement 3 of this order. The recent percentage reductions on sugar and meat fat allotments for meal service have been revoked and the maximum allowance per person has been lowered.

The net result of these changes is a reduction in total allotments to most institutional users. According to the statement accompanying the amendments, the change was made in order to equalize the point issuance of home and institutional users.

CANNED MILK RESTRICTIONS

The acquisition of canned milk by Group III and Group IV institutional users is prohibited by Amendment 106 of Ration Order 5. Exception is made only for cases of isolation. The Office of Price Administration explains that the restriction is intended to provide enough canned milk to relieve milk shortage areas and to assure an adequate supply of canned milk to infants and invalids.

"INDUSTRIAL FEEDING MANAGEMENT"

This is the new publication just off the press. We knew you'd like to have this over-all food service discussion so we're enclosing a copy.

THE "BEST BUY" LIST

There's a wide variety of fresh fruits and vegetables in Southwest markets. They'll be plentiful for several weeks.

"Best Buys" include as high as 18 vegetables. Many are good for salads. Some may be used cooked or raw. The list also names nine favorite fruits.

Top spot of all goes to peaches. Others crowding for first place are tomatoes and carrots. Also close to the top are onions, oranges and cabbage.

Here they are by key markets:

Arkansas	<u>Little Rock:</u>	Tomatoes, lettuce, squash, California oranges.
Colorado	<u>Denver:</u>	Lettuce, spinach, onions, cabbage, carrots, beets, turnips, peaches, apricots, cherries, oranges.
Kansas	<u>Topeka:</u>	Apricots, cherries, peaches, tomatoes, cucumbers.
	<u>Wichita:</u>	Oranges, apricots, peaches, carrots, lettuce, onions, tomatoes, potatoes, beets.
Louisiana	<u>New Orleans:</u>	Onions, peaches.
	<u>Shreveport:</u>	Squash, tomatoes, corn, mustard, turnip greens.
New Mexico	<u>Albuquerque</u>	Lemons, peaches, apricots, plums, watermelons, cantaloupes, peas, cabbage, green onions, radishes, carrots.
	<u>Gallup and Santa Fe:</u>	
	<u>Las Cruces:</u>	
	<u>Clovis and Roswell:</u>	Oranges, lemons, onions, cabbage, carrots, squash, celery.
Oklahoma	<u>Oklahoma City:</u>	Cantaloupes, carrots, corn, cucumbers, peaches, peppers, pineapples, tomatoes, watermelons.
Texas	<u>Ft. Worth:</u>	Beets, cabbage, cantaloupes, carrots, cucumbers, corn, onions, oranges, peaches, peppers, squash, tomatoes, watermelons.